




# November 2009

Menus Subject to Change Without Notice

Milk served with meal.

723-3303



<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p>2</p> <p>Swedish Meatballs Rice Baked Squash Spinach Salad Muffin Peaches</p>	<p>3</p> <p>Turkey Steak Mashed Potatoes/Gravy Broccoli Fruit Cup Biscuit Cookie</p>	<p>4</p> <p>Russian Chicken Rice Asparagus Tossed Salad/Garbanzo beans Whole Wheat Bread Cake and Ice Cream</p>	<p>5</p> <p>Shepherd's Pie Steamed Carrots Cole Slaw Whole wheat Roll Frosted Banana Bar</p>	<p>6</p> <p>Roast Pork Stuffing Gravy Spinach 3 bean salad Whole Wheat Roll Fresh Fruit</p>
<p>9</p> <p>Chicken Vegetable Soup Mini Chef's Salad Cottage Cheese/Pear Salad Veggies/ Dip Crackers Cookie</p>	<p>10</p> <p>Meat Loaf Whipped Potatoes/Gravy Steamed cabbage Citrus Fruit Cup Whole wheat Bread Raisin Bar</p>	<p>11</p> <p><b>CLOSED FOR VETERANS DAY</b></p>	<p>12</p> <p>Myers Day Chicken Fried Steak Whipped Potatoes/Gravy Peas and Carrots Fruited Cole Slaw Biscuit/Honey Butter Brownie</p>	<p>13</p> <p>Oven baked Chicken Baked Potato/Sour Cream Broccoli Carrot Raisin Salad Whole Grain Roll Fresh Fruit</p>
<p>16</p> <p>Gillies Day Salisbury Steak Whipped Potatoes/Gravy Mixed Vegetable Broccoli Raisin Salad Whole Wheat Roll Cookie</p>	<p>17</p> <p>Spaghetti/Meat Sauce Italian Blend Vegetable Caesar Salad Bread Stick Ginger Pear Cake</p>	<p>18</p> <p>Baked Fish Scalloped Potatoes Spinach Cole Slaw Whole Wheat Bread Cinnamon Applesauce</p>	<p>19</p> <p>Stuffed Pepper Steamed Carrots Tossed Salad/Garbanzo Beans Cinnamon Bread Fruit cobbler</p>	<p>20</p> <p>Roast Turkey/Cranberries Dressing /Gravy Green Beans Yams Fruited Jello Salad Whole Wheat Roll Pumpkin Pie</p>
<p>23</p> <p>Tuna Casserole Capri Blend Vegetable Muffin Fruit Salad Peach Cobbler</p>	<p>24</p> <p>Ham &amp; Vegetable Bean Soup Turkey Cheese Sandwich Veggies/Dip Tropical Fruit Cookie</p>	<p>25</p> <p>Beef Stroganoff Noodles Sliced Beets Creamy Cucumbers Whole Wheat Roll Pumpkin Square</p>	<p>26</p> <p><i>closed for Thanksgiving.</i></p>	<p>27</p> 
<p>30</p> <p>Chicken Chow Mein Steamed Rice Chinese Cabbage Salad Egg Roll Orange Slices Pudding/Fortune Cookie</p>	<p><b>NOTICE</b></p> <p>Congregate lunch contributions are anonymous and confidential. Suggested donation per meal is \$2.50 for those 60+ and \$4.60 for those under 60.</p> <p>Please sign up for lunch one day in advance, especially on those days when the meals are sponsored by a local business. The staff appreciates your cooperation.</p>			<p>3</p> <p>Brunch &amp; Learn Pancakes Sausage Citrus fruit Milk</p>